

Fall 2015

PharmDigest Volume 2, Issue 1

Philadelphia College of Osteopathic Medicine, School of Pharmacy

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PharmDigest

Published by the Pharmacy Student Council

Volume II

Issue I

Fall 2015

Pharmacy Student Council 2015-2016

President:

Anthony Alexander (Class of 2018)

Vice-President:

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Class of 2017 Representative:

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Class of 2018 Chair:

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Class of 2018 Representative:

Jamie Mabe

Class of 2019 Representative:

Ekene Aguh

COMING SOON:**Class of 2019 Chair**

Pharmacy Student Council from left to right:
Abba, Alexander, Naidu, Clark, Davis, Mabe,
E. Park, Y. Park, Malonzo

Not pictured: Anglin, Pitts, Aguh

*Photo credit: Elisabeth Vaughan

Greetings!

Anthony Alexander

Class of 2018, Pharmacy Student Council President

The year is in full swing and I hope the term is going well for everyone. With a new academic year, comes new people, new ideas and new opportunities to be involved both locally and nationally. The campus is teeming with individuals doing many great things that shine a positive light on the PCOM School of Pharmacy and continue to promote our brand. It is a very exciting time to be involved with PCOM as we are continually expanding our reach throughout the community. Please take some time and read about the many great things that have happened over the course of this term. Thank you for taking the time to recognize the work of the student body, I hope you enjoy.



Congratulations to the Class of 2015!

On May 29, 2015 GA-PCOM held graduation for the School of Pharmacy at the Gwinnett Center.



Left to right: Dr. Jis Joseph, Dr. Katie Bozman, Dr. Rikki Patel, Dr. William Brown after their commencement ceremony.

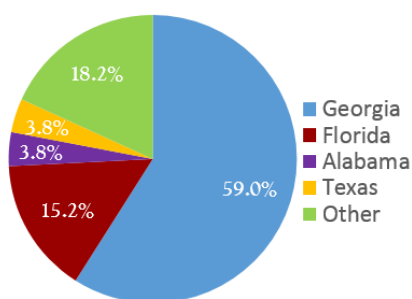
Just the Facts

78 graduates

65.4% held a bachelor's degree

50% male & 50% female

Home states of the Class of 2015:



Employment after Graduation*

65% Community Pharmacy

10% Hospital/Managed Care

5% Residency

20% Considering Offers/Undecided

*statistics based on survey at graduation (May 2015)

What is Your King Piece?

Dr. Brent Rollins

Assistant Professor of Pharmacy Administration

Recently, I was asked if I would write a little something for the pharmacy newsletter about my own background and accomplishments and relate that to your careers and career opportunities. While the writing about myself part is difficult, I can certainly share a message from my own experiences to hopefully give you some insight into your own career.



First, a very quick look into my educational and career background. I received my pharmacy degree in 2004 from Ohio Northern University in Ada, OH. Next, I went on to the University of Georgia, where, in 2009, I completed my PhD in Pharmacy Administration with an emphasis in pharmaceutical marketing. Six months later, in January 2010, I joined as one of the School of Pharmacy's inaugural faculty members and have been here ever since. For me, the PhD became the king piece I sought all along.

Now, what do I mean by king piece (and for those of you who have heard this story before there's nothing wrong with a refresher ☺)? Hopefully, you've heard of the game Checkers and if you haven't, you've probably played it sitting outside of a Cracker Barrel and not even realized it. Anyway, in this board game, a single piece can only move certain places on the board, restricted until you advance it to the opponent's end and get "kinged." Now, this king piece can move anywhere throughout board without restrictions and increases your chances of winning, especially when you have more than one king piece.

So what does this have to do with your career? While the PharmD is a degree that can open up many opportunities in and of itself; being someone with a PharmD and no other unique knowledge, education, training, certification, or specialty might make you like the single piece in

Checkers - only able to move certain places on the career board. For me, the PhD king piece has opened career opportunities I would have never thought possible. Now, I'm not advocating everyone look at going to school for another 4-5 years to get a PhD. What I am advocating, though, is you figuring out your passion in this profession and maximizing your expertise within that passion, making yourself more marketable and unique in the pharmacy marketplace. Thus, whether it is a residency, special certificate in compounding or management, an MBA, MTM knowledge, or endless other possibilities, you must find your passion within the profession and search for your king piece, allowing you to move anywhere on the career board.



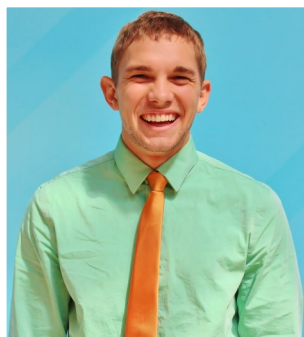
Thanks for reading and feel free to stop by my office if you have any questions or just want to chat! Enjoy the rest of the fall semester!

Economics in Pharmacy

Jace Turnmire

Class of 2017, ISPOR President

The International Society for Pharmacoeconomics and Outcomes Research (ISPOR) has a presence at PCOM. Student Organizations Council approved the club November 07, 2014, and we are ecstatic for the opportunities presented to us in the 2015-2016 academic year. Our mission is to serve as a resource for any student interested in pharmacoeconomics and outcomes research.



We plan to extend invitations to speakers that can give students ideas of what pharmacoeconomics and outcomes research is about.

This international society meshes with the diversity of PCOM; global networking is a real possibility.

And So It Begins...

Orientation was held from August 10 through August 14, 2015.

Orientation is tailored to each academic program, designed to acclimate new students to the PCOM community. In the evening, students were invited to get to events to get to know their peers.



Movie night under the stars on the lawn.

The Old Peachtree Road 5K

Various pharmacy clubs supported SOMA's annual 5K on August 22, 2015. The event raised \$3,800 that was donated to the For a Day Foundation, which brings smiles, laughter, and a distraction to hospitalized children with cancer.



KE Goes to Disney

From July 22-25, 2015, the Kappa Epsilon National Convention was held in Orlando, FL. Jessica Bell and Denisa Demian (Class of 2017) attended and mingled with the Grand Council, alumni as well as collegiate students from around the country.



Club Fair 2015

PCOM students attended a club fair on August 25-27, 2015. Students learned about the different organizations on campus and the various ways to get involved.



Dodgeball Time

PCOM FIT held a Trampoline Dodgeball Tournament on September 8, 2015, where the second year pharmacy class (the Plug'z) won for the second year in a row.



The winners, the Plug'z, with their trophy.

DEA National Drug Take-Back

APhA-ASP members from Operation Self-Care volunteered at the Snellville Police Department and Gwinnett County Sheriff's Office to take-back unused medications from patients so that they can be properly disposed of on September 19, 2015.



APhA members volunteering at the Snellville Police Department.

*Photo Credit: Hilda Alvarez

Community Pharmacy

Cierra Goodwin

Class of 2017, NCPA President



The National Community Pharmacists Association (NCPA) is an organization founded in 1898 that currently represents community pharmacists. PCOM's student chapter seeks to be a forum for pharmacy students to learn about the many career opportunities available in independent and community pharmacy practice, and emphasize the role community pharmacists play in the health care system. We want to give students several opportunities to get hands on experience and learn about entrepreneurship, financial literacy, and marketing. NCPA's smaller member size gives students better access to leadership, scholarship, and networking opportunities. Our main goal for the 2015-2016 school year is to spread NCPA's name through school wide events and community service. We are lining up several exciting things this year including Breast Cancer Care Packages, a Cornhole Tournament with the DO students, Social/Networking events with Mercer students, and our annual Holiday Food Drive. We are ecstatic about our continuous opportunities to work one on one with our fellow students, faculty, and the surrounding community.

The Daily Dose: APhA in D.C.

Erish Malonzo

Class of 2018, APhA-ASP President-elect

The American Pharmacists Association – Academy of Student Pharmacists (APhA-ASP) has a meeting every summer called the Summer Leadership Institute (SLI) in Washington D.C. that I attended.

Over 200 student pharmacists were able to meet with their members of Congress and advocate for provider status. Pharmacists are underutilized because in many settings, we are not considered part of the healthcare team.

This experience showed me that I can make a difference not just within my community, but nationally as well. Personally, I am not big on political advocacy, but as a student pharmacist, it is important to know that we can make a difference not only with only with our patients, but on a national level. We can effect change within our government towards provider status for pharmacists.

As President-elect of PCOM's chapter of APhA-ASP, SLI helped me to develop my leadership skills, as well as learn about all of the benefits of APhA that I previously didn't know. I was able to network with other student pharmacists

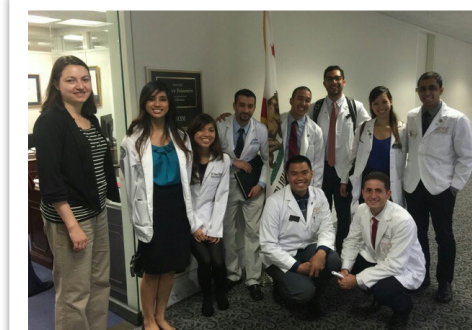
as well as pharmacists from all over America, including Puerto Rico. We shared our chapters' successes, hardships, and ideas/events that we had within our own chapters. I



SLI attendees at the APhA Headquarters in the National Mall in Washington D.C.

love the willingness to help each other as well as the enthusiasm that everyone shares for the profession of pharmacy.

In the end, it is my belief that everyone should attend at least one professional meeting, no matter what organization. The meetings I have attended for APhA excite me about pharmacy, inspires me to encourage others to be active, as well as develop long lasting relationships with those that I have met.



APhA-ASP SLI attendees met with their state representatives in Congress to discuss the bills HR 592 and S 314, advocating for pharmacy.

The *Daily Dose* is a recurring section in the PharmDigest featuring a pharmacy student's life while in school and highlighting one of their experiences.

Want to be featured?

Contact us:

erishma@pcom.edu

or

pharmacy_student_council@pcom.edu

Just The Facts Class of 2019

106 students

Average GPA- 2.95

Average Science GPA- 2.82

Average PCAT- 51

45% Male & 55% Female

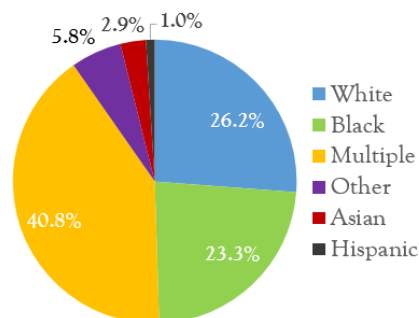
62% from Georgia

25% from Gwinnett County

Average age:27

International: 2 students

Ethnicity



A Warm Welcome to the Class of 2019

On October 16, 2015, the Class of 2018 participated in the annual White Coat Ceremony at the Arena at Gwinnett Center. Class Representative, Ekene Aguh addressed the class with a memorable speech. Afterwards, the students presented each other with their white coats - a tradition here at PCOM.



A few student pharmacists from the Class of 2019 after the White Coat Ceremony.

Professional Meetings

Students from all over the Southeast, including PCOM, came to Mercer University for AMCP's 6th annual symposium on September 12, 2015. The day was filled with networking as well as learning about the many facets of managed care pharmacy.



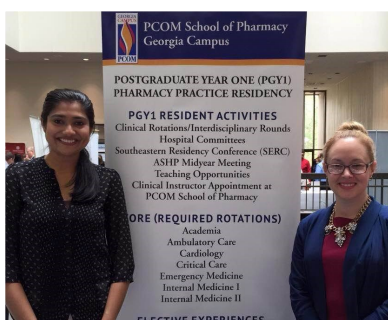
Left to right: Sunpreet Navi, Erish Malonzo, Young Park, Kineta Naidu
*Photo Credit: Michelle Vu

On September 16, 2015 Atlanta Academy of Institutional Pharmacy (AAIP) members attended a meeting hosted by Hospira on "The Science of Biosimilars" at Maggiano's.



Left to right: Kacie Speed, PharmD, Young Park, Kineta Naidu, Chelsea Davis, Erish Malonzo
*Photo Credit: Daniel Soback

More than 40 pharmacy residency programs from the Southeast showcased their programs at the annual residency fair at Mercer University on October 2, 2015.



Left to right: Privam Mithawala, PharmD, Kacie Speed, PharmD

GSHP Summer Meeting

Colleen Cooley

Class of 2017, ASHP-SSHP President

I had a wonderful and exciting opportunity to attend the annual Georgia Society of Health-System Pharmacists (GSHP) meeting on Amelia Island. It consisted of hospital pharmacists presenting pharmacy related topics. Although geared towards practicing pharmacists, it was fascinating to apply the necessary skills I've acquired during my matriculation through professional school to various disease states that was discussed at the meeting. For example, Rosemary Cross, PharmD from Piedmont Hospital analyzed kidney transplant suppression.



Members of ASHP at the GSHP meeting on Amelia Island.

To understand the topic at hand, I had to apply key concepts from Immunology (shout out to Dr. Murthy!) as well as Integrated Therapeutics. It felt good to implement what I have learned; all those long nights and early mornings are actually worth it.

In addition, GSHP organized a Resident Student Forum for current student members. This splendid event was a round table discussion with Georgia residency directors, where they answered questions about residencies and addressed how to become a better candidate for the matching process as well as some do's and don'ts during the interview process. Dr. John and Dr. Holaway were also in attendance and seeing our own professors serve as representatives on the panel showed great merit of our school in comparison to other schools in the state.

The greatest attribute from attending this meeting is the chemistry of networking. When I first encountered, "pharmacy is a small world", I was skeptical of the notion. However, the job outlook is competitive, so standing out

and being able to make connections from gestures such as a handshake can prove to be one of many determining factors in future success. You never know who you will meet along the way, and essentially anyone can provide unforeseen opportunities both professional and interpersonal.

Tips for Students

Dr. Nathan Greenfield, PharmD
Class of 2015, PCOM School of Pharmacy Graduate

Here are a few tips that I thought would be helpful to student pharmacists.

Pay attention on rotations, especially APPEs. You never know when treating an interesting patient or situation could help prepare you for the future. For example, I was on a case at my Acute Care and General Medicine APPE, where my patient had a rare disease state that ended up showing on my NAPLEX.

While not necessary, it often helps to find a mentor. A mentor can help put things in perspective, help you through difficult situations, and even include you on projects to bolster your CV.

Never be afraid to ask for help. Even the best students have a hard time with school at some point. You will be asking your colleagues for help once you've graduated, so there's no shame in asking while you're still in school.

Don't sweat the small stuff. It may seem cliché, but it's true. Even if you're applying to residency, grades aren't everything. They are important, but don't lose hope by losing your 4.0.

Leadership experience is incredibly important. Even if it's volunteering, or taking charge on group projects or on rotations, most employers and all residency programs look for leadership experience. It helps you to stand out.

If you have any questions, feel free to email me at nathangre@pcom.edu.



Welcome Mr. President

Dr. Jay Feldstein celebrated his inauguration by visiting the Georgia campus where he addressed the student body and shared his vision for PCOM on October 1, 2015.



Dr. Jay Feldstein speaking with student pharmacists.

The inauguration festivities continued with a reception including student leaders, faculty, staff and community members. We are all very happy to celebrate our PCOM president.



Student leaders assisting at the reception.

American Heart Association

APhA-ASP members from Operation Heart volunteered at the American Heart Association's (AHA) Metro Atlanta Heart Walk on Saturday, September 19, 2015 in Centennial Park. The walk aids the AHA's mission to build healthier lives free of cardiovascular disease and stroke.



Let's Eat!

Cutting of the ribbon to signify the grand opening of the dining services on September 21, 2015. Breakfast and lunch are now being served Monday through Friday from 7AM to 2PM.



Faculty and student leaders cutting the ribbon.

Let's Get Clinical

Congratulations Miriam Lulusa and Renzo Gonzalez (Class of 2016) on being selected to represent PCOM in ASHP-SSHP's clinical skill's competition at midyear.



Lulusa and Gonzalez presenting their patient case for the oral portion of the competition.
*Photo Credit: Haley Ethredge

That's Game

To christen the new sport court, a friendly basketball game was played between students and faculty/staff on October 9, 2015. The students pulled through and beat the faculty/staff (Sorry Dr. Rollins and Dr. Wang!).

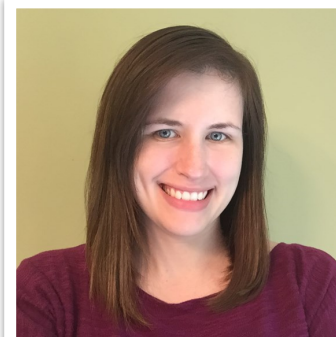


Pharmacy goes Greek

Jessica Bell

Class of 2017, KE President

Kappa Epsilon (KE) is a co-ed national professional pharmacy fraternity and has more than 28,000 members nationwide. Students at PCOM, led by current KE President Jessica Bell, started the process of colonizing KE at PCOM in 2014. The colonization period began



February 2015 with an astounding 44 members. KE is focused on molding their members into successful professionals by providing opportunities that will enhance their collegiate experience and prepare them for a prosperous career. KE has already organized several successful events. Most recently, members collected gifts and distributed them to Dr. Hines ovarian cancer patients at the Wellstar Chemo Infusion Center in Austell. This year, KE members participated in the 20th annual Atlanta Dragon Boat race at Lake Lanier with an intent to allow members of different classes to work together and build friendships. KE is also planning a week of events in October in recognition of breast cancer awareness, a social event at the Sugar Hill Ice rink, a joint event with Mercer KE members, and a social event with Phi Chi, the medical fraternity at PCOM. Although KE is a new fraternity, it has already established its presence at PCOM. KE is committed to the development of its members into successful professionals and to represent PCOM to the best of their abilities.

A Trip to Philly

Ibrahim Abba

Class of 2017, Class Chair

It was a pleasure to represent the School of Pharmacy in the inauguration of our 8th president of PCOM, Dr. Jay Feldstein, this past September in Philadelphia, PA. It was a great opportunity to visit the main campus, and be around

thought leaders and visionaries of our school. Opportunities like these come once in a life time, but when they do you have to be ready for them.

For myself, this is not just "school", it's a lifestyle. I remember during my P1 year Dr. Parihar said to me that studying to receive a doctorate in any field means to rewire how your brain processes information regardless if it pertains to our career or not. Our outlook on life changes once we complete this



process. I will continue to represent our school the best way I can, and I hope that you all will do the same. We are creating a history & tradition for our young pharmacy program that will be permanent for years to come.

I want to personally thank everyone for the opportunity to represent our School of Pharmacy, and I look forward to a bright future with Dr. Feldstein.

Thank you.

Institutional Pharmacy

Chelsea Davis

Class of 2018, AAIP Student Representative

Atlanta Academy of Institutional Pharmacy (AAIP) is an organization of pharmacists that work in an institutional setting and meet monthly to provide innovative continuing education programs for members. These programs are available for student pharmacists in a real world setting where our didactic coursework can be applied. AAIP consists of many pharmacists that are eager to learn for their patients, as well as take the time to provide



process. I will continue to represent our school the best way I can, and I hope that you all will

Midyear

APhA-ASP Midyear Regional Meeting (MRM) for Region 3 was held from October 16-18, 2015 in Nashville, TN. PCOM student pharmacists engaged in the policy process, networking, and professional and leadership development.



PCOM APhA-ASP student pharmacists with Brian Donahie, Pharm D.

American Pharmacists Month

In honor of American Pharmacists Month, the Pharmacy organizations held events to show the importance of interdisciplinary involvement.



Jace Turnmire asked students to pronounce drug names or read a prescription as a game.

On October 20, 2015, AMCP showed *Resistance*, a documentary about the rise of antimicrobial resistance and superbugs. A panel featuring Dr. Chan, McGee, Dr. Buxton, and Dr. Cadet discussed their experiences with antimicrobial resistance as professionals.



Left to right: Dr. Chan, Dr. McGee, Dr. Buxton, Dr. Cadet

Important Dates:

December 6 - 10, 2015

ASHP Midyear Meeting
New Orleans, LA

December 8, 2015

NCPA General Meeting

December 11, 2015

PCOM Open House

December 14, 2015

HEED Award Celebration

December 15, 2015

AMCP General Meeting

December 24, 2015 - January 3, 2016

Winter Holiday

January 18, 2016

Martin Luther King, Jr. Holiday

February 16, 2016

Day at the Dome

February 27 - March 6, 2016

Trimester Break

March 4 - 7, 2016

APhA Annual Meeting
Baltimore, MD

April 19 - 22, 2016

AMCP Annual Meeting
San Francisco, CA

May 21 - 25, 2016

ISPOR Annual Meeting
Washington, D.C.

#whereisPCOMRX

Post a photo with your white coat in a pharmacy related activity. Tag GA-PCOM on Facebook and/or Instagram with #whereisPCOMRX for a chance to win prizes!

Institutional Pharmacy (continued)

educational opportunities that pharmacy students can benefit. Students will benefit from the networking opportunities that are provided at each meeting. After joining AAIP I began attending the monthly meetings at the end of my first year. I was offered the opportunity to serve as the PCOM Student Representative on the Executive Board. I hope to increase the number of PCOM student members of AAIP, and hopefully increase our presence at the monthly meetings.



Message to the P1s

Ekene Aguh

Class of 2019, Class Representative

I am honored and humbled that my classmates elected me to represent their aspirations, their goals, and the diversity of our class as a whole and I will do my best to be a great representative



of this class and school as a whole. To give a small background about myself, I was born in New Jersey to my parents who emigrated from Nigeria to give their children better opportunities in life. I received my Bachelors in Biology from Rutgers University, and then received my

Masters in Biomedicine here at PCOM. I have exciting plans to put on a professional fashion show and hope everyone will take part in the festivities and other programs in the near future. Advice: Never give up on your dreams! Welcome to PCOM.

Shirts!!!

December 9-18, 2015

12pm - 1pm

Selling for \$1 - \$5

In the Atrium